

ABLE Bodies Participant Homework for Session 3

Flexibility

- Practice the Seated Whole-Body Stretch you are learning in class. Start with ankle circles and work up your body until you're ready for head turns and chin dips.
- Spinal flexibility
 - Gently round and then arch your back.
 - Gently arch your rib cage side to side by raising one shoulder and then the other. Add a deep breath to each stretch.

Posture and Core Stability

Sit tall and do six repetitions of each of these exercises each day. Hold your tall upright posture for 3 to 10 seconds. But don't hold your breath.

- Tall Sits
- Gentlemen's Bow
- Thumb Rolls
- Show Me the Money

GENTLEMEN'S BOW

The Start

- Sit tall at the front of a chair.
- Feet are flat on the floor and legs are parallel.
- Extend one leg out on the floor.

The Moves

- Draw in the abdominal wall and slowly lean forward from the hips until the stretch is felt in the extended leg.
- Hold the stretch for 10 to 15 seconds.



SHOW ME THE MONEY

The Start

- Sit tall. Hold your forearms out to side; your elbows will be bent and close to torso. You'll resemble a "W." Your hands will be lower than your shoulders and your palms should be up.

The Moves

- Inhale and sit tall. Exhale and pull your elbows back and squeeze your shoulder blades together.

